

# SENIOR Scoop

The publication for and about the active generation of Davis County

## Tickets available for Senior Gala Dinner-Dance

By Bob Ballew, DCHD PIO

The theme for the eighth annual Senior Gala Dinner-Dance is "Those Were The Days." Hosted by Davis County Health Department's Senior Services on Wednesday, April 22, 6-9 p.m., the dinner, floorshow, and dancing to live Big Band music are again the festivities planned for a senior citizens "senior prom."

"This is our eighth year partnering with Davis High School's Jazz Band and with Davis Behavioral Health to bring an atmosphere of fun, food, and friends to enjoy an evening packed with entertainment," said Kristy Cottrell, division director over the county health department's Senior Services programs. "I'm both pleased and amazed by the crowd of seniors and 'senior supporters' who come out to our annual dinner-dance to listen or dance to the live Big Band music."

"We purposely keep the price low – \$7.50

per person – to make this dinner-dance affordable," said Cottrell. Tickets can be purchased by the April 15 deadline at the Autumn Glow Senior Activity Center (801-544-1235) in Kaysville, the Golden Years Senior Activity Center (801-295-3479) in Bountiful, and the North Davis Senior Activity Center (801-525-5080) in Clearfield.

The "Best Dress" event is in the Davis High School Commons and cafeteria at 325 South Main in Kaysville. The school's Jazz Band along with several talented student singers and dancers perform as the Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers providing a floorshow and dance music from the Big Band era.

"We also hope that many 'senior supporters' decide to escort or even dance with their favorite senior relative, friend, or neighbor," said Cottrell.

Making this event possible are volunteers and donations from local community partners including: Davis High School, Davis High School Jazz Band and student supporters, Davis Behavioral Health, and the Davis County Health Department staff.



Photo by Louise R. Shaw; Davis Clipper

Couples dance to the sounds of live Big Band music during last year's Senior Gala Dinner-Dance. Low cost tickets are now on sale for this year's Gala on Wednesday, April 22.

## Thanks to all you volunteers!

By Jessica Hardcastle

DCHD Volunteer Coordinator

National Volunteer Week, April 12-18, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. Volunteers have been very active throughout Davis County, too.

Davis County Health Department (DCHD) and RSVP extend a sincere thank you to our volunteers during National Volunteer Appreciation Week. DCHD

and RSVP volunteers completed an amazing 42,419 hours of service in the county last year by delivering smiles to homebound seniors through our Meals on Wheels Program, greeting patrons and office assistant work at our senior activity centers, and providing reading encouragement to children at local elementary schools. Volunteers helped guide and greet visitors along with maintain trails at Antelope Island State Park and Farmington Bay Nature Center, stock food at the Bountiful Community Food Pantry, assisted with processing clients at Hill Air Force Base's 75th Medical Group Pharmacy, did yard care, and performed needed

internships.

National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference.

National Volunteer Week, a program of Points of Light, was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week.

The next time you see a volunteer helping out somewhere, please tell them "thanks" for what they do.

## Caregiver educational class series continues

Davis County Health Department's Family Caregiver Support Program continues with the remainder of its six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

The one hour classes are offered on Tuesdays at the Fairfield Village dining room (1201 N. Fairfield Road, Layton) or on Thurs-

days at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful). Classes start at noon. The class series ends Tuesday, Apr. 21, or Thursday, Apr. 23. A complimentary light lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP, contact Megan Forbush at (801) 525-5088. Class schedule:

- Apr. 2: "Caregiver Burnout" – Nicki Meyers, Burchcreek Home Health and Hospice
- Apr. 7 & 9: "Nutritional Care for People with Cognitive Impairments" – Katharina Gran, Life Care Center of Bountiful
- Apr. 14 & 16: "Identity Theft" – Betty Smauldon, Northern Utah Coalition
- Apr. 21 & 23: "The 40/70 Talk" – Michael Hamdoun, Home Instead Senior Care

## Falls are preventable

Falls are not a natural part of aging. Falls are preventable, and with the help of a fall prevention workshop called *Stepping On*, you can learn how to protect yourself from falling.

The free *Stepping On* workshop is a self-confidence building, behavior changing program that aids you in preventing falls by providing strength and balance exercises in every class session, home safety check suggestions and partners with health professionals such as physical therapist, pharmacist, and vision expert to deliver information on how to prevent falls.

To sign up for the next workshop, call Jessica Hardcastle at 801-525-5087. Workshops begin Tuesday, April 7 at 9 a.m. at South Davis Recreation Center (550 N 200 W, Bountiful) and Tuesday, April 7 at 12:30 p.m. at Autumn Glow Senior Activity Center (81 East Center St, Kaysville). Registration is required to attend. The workshop is sponsored by Davis County Health Department Senior Services.



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Web



*Senior Scoop* is published by the Davis Clipper in conjunction with the Davis County Health Department's Family Health & Senior Services Division.

Kristy Cottrell, Division Director  
Jessica Hardcastle, Senior Scoop Coordinator

Mailing Address  
P.O. Box 618  
Farmington, UT 84025

Physical Address  
22 S. State Street  
Clearfield, UT 84015

(801) 525-5050

All issues of *Senior Scoop* are available at [www.daviscountyutah.gov/senior\\_scoop](http://www.daviscountyutah.gov/senior_scoop)

## Riley Court Apartments

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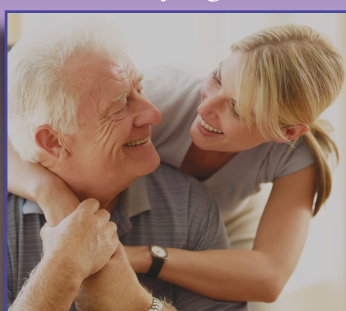
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Movie reviews  
from film aficionado  
**Jennifer Wardell**  
at [davisclipper.com](http://davisclipper.com)

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>2</b> AG – Lifetime Fitness 9 Arts & Crafts 10 GY – Lapidary 8:30 ND – Knit & Crochet 12:30	<b>3</b> AG – Arthritis Exercise 9 Lightside Choir 12 GY – Movie 12:45 ND – Bingo 12:30	<b>4</b>
<b>5</b>	<b>6</b> AG – Oil Painting 9 Crazy Quilters 10 GY – Dancing Grannies 8:30 Bridge 1-4:45 ND – Twinkies Birthday 11:45 Bingo 12:30	<b>7</b> AG – **Art 9 Tai Chi Chair 10:30 GY – Zumba 9:30 Tai Chi 10:30 Self Defense Class 12:45 ND – Blood Pressure 10:30 Slinky Game 11:45	<b>8</b> AG – Arthritis Exercise 9 Neuroopathy 11:30 GY – Senior Issues 10 Positive Aging 5-7 p.m. ND – Rocky Mtn Care 11:15 Bingo 12:30	<b>9</b> AG – Haslam Law 10 Food Sense 11 GY – Dancing Grannies 8:30 Arthritis Exercises 12:30 ND – Pinochle 12:30 Self Defense Class 12:30	<b>10</b> AG – **AARP Smart Driving 5 p.m. **Dinner/Concert GY – Line Dancing 9:30 Pool 1-5 ND – Ceramics 12:15 Technology Lab 4	<b>11</b>
<b>12</b>	<b>13</b> AG – Lifetime Fitness 9 GY – Sit n Fit 8:30 Bingo 12:30 ND – Texas Hold 'Em 12:15 Bingo 12:30	<b>14</b> AG – Tai Chi 9:45 Square Dancing 1 GY – Senior Aerobics 8:30 Blood Pressure 10:30 ND – China Painting 9	<b>15</b> AG – Blood Pressure 10:30 ID Theft 11:30 GY – Ceramics 9 Meditation Class 12:45 ND – Art 9 Do It Yourself Family History 3	<b>16</b> AG – Chi Gong 10 Computer Tech 11:30 **Art 6:30 p.m. GY – Free Blood Sugar & O <sub>2</sub> Level Checks 10:45 ND – Porcelain 9	<b>17</b> AG – Lapidary 8:30 Crazy Auction 11:50 GY – Stained Glass 9 Tai Chi 9:30 ND – Identity Theft 11:15	<b>18</b>
<b>19</b>	<b>20</b> AG – Free Caregiver Respite 1 GY – Arthritis Exercise Class 12:30 ND – Texas Hold 'Em 12:15 Bingo 12:30	<b>21</b> AG – **Heritage Museum 11:30 GY – Lapidary 8:30 Woodcarving 9 ND – **AARP Smart Driving Blood Pressure 10:30	<b>22</b> <b>**Senior Gala 6-9 p.m.</b> AG – Rocky Mtn Care 11:30 GY – Free Respite Care 1-4 Water Color 2-4 ND – Medicare Fraud 11:15	<b>23</b> AG – Wire Wrapping 8:30 Tai Chi 7 p.m. GY – Luana's Combo Band 10:30 ND – Knit & Crochet 12:30 Food Sense 1	<b>24</b> <b>**AG, GY, &amp; ND April Birthday Party</b> AG – Computer 101 9:30 GY – Water Color 9 ND – Bingo 12:30	<b>25</b>
<b>26</b>	<b>27</b> AG – **Pickle Ball 9 Bingo 10:30 GY – Stained Glass 9 Line Dancing 10 ND – Health Tips 11:30	<b>28</b> AG – Lapidary 8:30 Computer Tech 11:30 GY – Pinochle 1-4:45 ND – Line Dancing 1	<b>29</b> AG – Water Color 9:30 Bingo 10:30 GY – Single's Social 11:15 Bridge 1-4:45 ND – Texas Hold 'Em 12:15	<b>30</b> AG – Tai Chi 9:45 Canasta 1 GY – Senior Aerobics 8:30 Shopping 12:30 ND – Porcelain 9 Pinochle 12:30	<b>May 1</b> AG – Movie/Popcorn 12:30 GY – Old Time Combo Band 10:30 ND – Texas Hold 'Em 12:15	<b>2</b>

\*\* Call Senior Activity Center to Make Reservation  
(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)

AG ~ Autumn Glow  
(801) 544-1235  
81 East Center Street  
Kaysville, UT 84037

GY ~ Golden Years  
(801) 295-3479  
726 South 100 East  
Bountiful, UT 84010

ND ~ North Davis  
(801) 525-5080  
42 South State Street  
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